

# The Boston Osteopath.

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## How Does Osteopathy Cure?

SANFORD T. LYNE, D. O.

(ALLENTOWN, PA.)

The highest attainment of science in the healing art consists in the ability to aid Nature in restoring morbid tissue and function to a healthy condition by *natural means*. Osteopathy claims this distinction as a science, and when rightly understood appeals to the reason of the intelligent thinker in convincing terms.

In reply to the question, "How does Osteopathy cure?" it is not our purpose to enter into a full consideration of Osteopathic theory and practice. If we make plain a few of the fundamental principles of the science, and in a measure explain how Osteopathic methods assist Nature in her recuperative processes, our object will have been accomplished. To do this requires a reference to certain principles and vital processes peculiar to the human body.

It has been said that the human body is an abbreviation in Nature of all mechanics (laws of motion and force), hydraulics (action of fluids in motion), architecture (rules of building), and machinery of every kind. There are more than three hundred mechanical movements known to mechanical science, and they can all be shown to be modifications or adaptations of the mechanical principles contained in the human body. In it are found levers, fulcrums, pulleys, cables, pumps, pipes, axles, joints, ball-and-socket movements, girdles, supports, etc.; and to all intents and purposes, the

## April.

Now the noisy winds are still;  
April's coming up the hill!  
All the spring is in her train,  
Led by shining ranks of rain.

—MRS. MARY MAPES DODGE.



most complete elaborating, irrigating, sewerage, and telegraphic systems known to science.

The body contains organs or glands, composed principally of cells, which elaborate and purify the blood and other nutrient fluids. Cells are also distributed throughout the minutest parts of the body, and constitute the active components of all living tissues and organs. They are the "builders" in our physical dwellings, and, normally, are constantly in motion. Their movements are definite and rhythmical; said to be, fundamentally, extensions and retractions. They select from the blood nutritive elements, prepare, and appropriate them to the tissues; giving off to the blood, in exchange, waste and worn-out materials. The production and maintenance of healthy function, as well as healthy structure, depends upon the normal activities of the cells.

The activity of an organ or gland is controlled or affected by the amount of blood passing through it furnishing material upon which the cells can operate, and by the nerves which supply it with vital energy.

The heart is the fountain-head of life (a force - pump), throwing streams of blood through the various channels of irrigation (the arteries), carrying nourishment to every tissue and organ; and through a vast sewerage system (the veins), is brought back all deleterious and effete matter to be discharged, being either useless or harmful if retained in the body.

The heart is dependent upon the nervous system for its powers of action. The nervous system also controls the contractile and expansive powers of the arteries, by which the blood pressure, or the amount of blood to various parts of the body, is regulated.

The nervous system is analogous to an immense telegraphic system, the brain being the general headquarters for the reception and transmission of impulses; the spinal cord,

the instrument of conduction between the brain and various nerves; while the nerves are the wires by which messages of sensation and motion are conveyed to and from every tissue and organ. This system is provided with many important centers, composed largely of nerve-cells, which generate nerve-force from elements selected from the blood; and the various wires or nerves connected therewith become charged with currents of vital energy. The activity of these centers depends upon a proper supply of blood.

In all of the natural processes of the body, whether concerned in preservation or restoration of health, the blood and nerves constitute the *active principles*. When normally active they not only maintain healthy tissue and function, but are the *healing agents* in the law of *natural cure*. The surgeon may operate, but *Nature heals the wound*.

An obstruction in the course of an artery causes weakness and wasting of the parts for want of nourishment; the obstruction of a vein prevents the removal of waste and impure products; the obstruction of the nerve produces inactivity of an organ or tissue thus deprived of its vital energy.

Obstructions are of various origin, but are necessarily mechanical in nature, and may cause derangement of function as well as of structure. For instance: a complete or partial dislocation of some part of the bony frame-work, or displacement of some organ or tissue, may cause a pressure on an artery, vein, nerve, or nerve-center; or some foreign element in the system irritating a nerve center or nerve may produce a contraction of muscles or capillaries, thus stagnating the blood and arresting the movements of the cells in the affected tissues or organs. Any interference with the normal interchange of elements between the blood and cells breaks the harmony of the processes of waste and



repair, and a state of disease ensues.

Disease, therefore, is the result of some resistance to the vital process, and implies a stagnation or inharmonious action of the vital fluids and forces. Something stands in the way of normal actions and reactions.

The system possesses wonderful recuperative powers, and when the normal operation of its machinery is interfered with, the vital forces at once become engaged in a process tending to remove the resistance; and not unfrequently the curative powers resident within the body completely eradicate disease without assistance. A mistake, however, is often made in leaving Nature entirely unaided until the active and reactive powers of the system become exhausted, when a little aid at the proper time would have assured Nature's ascendancy and the restoration of health.

Osteopathy is an operating system, and is equally applicable to the treatment of structural and functional diseases. It regards man as an operating and functioning machine, and holds that the primary cause of disease is a mechanical obstruction in the machinery of the body.

The primary object of the Osteopath is to discover and remove the obstruction, thus reducing to a minimum the labor of the vital forces, and giving free course to the blood and nerves, the prime factors in Nature's curative processes. He employs such mechanical (manipulative) methods as will remove all undue pressure from the arteries, veins, nerves, and nerve-centers, and as will start a free flow of blood through and from the engorged organ or tissue, whereby impure elements are neutralized, absorbed, and eliminated. He reasons that "where the stimulation is, thither flows the blood;" and as his method acts specifically on nerve-centers, he is able to equalize the circulation and to influence the activities of elaborating and purifying organs.

Osteopathy cures by mechanically

adjusting the machinery of the system, so that it may operate without resistance. It appeals to the active and reactive powers of the body, and gives freedom and activity to the vital fluids and forces, whereby Nature is enabled to eradicate disease and restore health by *natural means*.



### The Last Arrival.

There came to port last Sunday night  
The queerest little craft,  
Without an inch of rigging on!  
I looked, and looked, and laughed.

It seemed so strange, so strange that she  
Should cross the unknown water,  
And moor herself right in my room,  
My daughter, oh! my daughter!

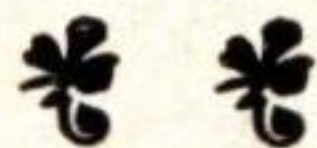
Yet by these presents, witness all,  
She's welcome fifty times,  
And comes consigned to Hope and Love,  
And common-metre rhymes.

She has no manifest but this;  
No flag floats o'er the water;  
She's too new for the British Lloyds,  
My daughter, oh! my daughter!

Ring out, wild bells, and tame ones, too,  
Ring out the lover's moon;  
Ring in the little worsted socks,  
Ring in the bib and spoon.

Ring out the muse, ring in the nurse,  
Ring in the milk and water.  
Away with paper, pens and ink!  
My daughter! oh! my daughter!

—GEORGE W. CABLE,



The amount of spiritual longing in the world—in the hearts of unnumbered thousands of men and women in whom we should never suspect it; among the wise and thoughtful; among the young and gay, who seldom assuage their thirst and never betray it,—this is one of the most wonderful and touching facts of life. It is not more heat that is needed, but more light; not more force, but a wiser direction to be given to very real energies already there.

—PROF. HENRY DRUMMOND.



## The Outlook in Massachusetts.

[The following was an editorial in the *Lowell Daily Courier* of March 23.—ED.]

After four long hearings before the legislative committee on public health, which crowded a big room at the State House with what the newspapers have described as "the most fashionable and cultivated audiences" seen there this winter, the "Osteopaths" have been put over to the next General Court, in order that they may further demonstrate their fitness to take a place among the fully recognized medical "schools" of treatment.

The wonder is that they made such marked progress as they undeniably have in so short a time. They have already a clientele in New England which will be a great power behind them, when they bring up their petition next year, if they retain their hold on confidence, and grow as fast as they have in the two years since they first set up in Massachusetts. Such men as ex-Governor Dillingham and ex-Lieut.-Gov. Fisk of Vermont would not go all the way to Boston voluntarily to speak as witnesses before the legislative committee, in behalf of the system, if they didn't believe in it. Such people as Elisha S. Converse, the great rubber man of Massachusetts, and others of "the very best people" in Boston, would not take an active interest in their petition for legislation, and others equally prominent would not take the treatment, if it were only one of the quack systems of healing.

Even the doctors concede that "Osteopathy has its place"—and that is all it claims recognition for, as we understand it. But that place is a pretty comprehensive one, apparently, and the developments of the coming year will be watched with interest. The "system" is certainly plausible and interesting. It must stand or fall by its results. In Washington, Senator Foraker and Mrs.

Foraker are enthusiastic advocates of the system, and the local operator there claims representatives of the families of twelve United States senators on his list of patients. There is nothing about the system which is not "nice," and that counts for much in securing attention.



An occurrence of April 1 this year is the assumption of the sub-treasurer's duties by Hon. George A. Marden. And that's no joke. — *Boston Home Journal*.



"In inflicting penalties, Nature never stops for a moment to consider whether the offenses were consciously committed or not. Juries and judges are continually moved either by sympathy for the prisoner or prejudice against him. Nature is cold as a tombstone, yet perfectly fair and impartial. Whether you take a dose of poison ignorantly, or unintentionally, or with the purpose to commit suicide, the result is precisely the same. Nature will not push you over the cliff, neither will she put out her hand to save you from being dashed to pieces. Think of this when you are tempted to meddle with her arrangements."



The physician who wants to know man, must look upon him as a whole, and not as a piece of patched-up work. If he finds a part of the human body diseased, he must look for the cause which produced the disease, and not merely for the external effects.—PARACELSUS.



(From a report of a case of anemia, in a current medical journal.) "The patient at various intervals took Blank's pills, the tincture of the chloride, and other preparations of iron, without benefit; on the contrary, with a disturbance of digestion."



**Nerve=Force.**

FREDERICK H. WILLIAMS, PH. G.

In spite of the enormous amount of accumulated literature in every department of science, we are yet very far from solving the problem of just what nerve force is.

Physiologists from the earliest times have discussed and speculated upon this mysterious and interesting process, and one after another the crude theories advocated have failed to identify nerve-force with any scientific principle known. DuBois Reymond thought it an electrical phenomenon; but the absence of an insulating sheath on nerve fibres, the slow rate of transmission, and the effect of a ligature on a nerve preventing the transmission of nerve-force and not of electricity, exclude this hypothesis.

Other investigators have attempted to show that chemical changes in the nerve itself may account for nerve-force; and have offered as an explanation the fact that the reaction to test-paper changes from alkalinity to acidity during action as do muscles during activity. This has not been proven to the satisfaction of the latter investigators, since the most delicate tests show only a slight reaction, and the tests are all the more doubtful for being tried on the nerve trunks instead of the spinal cord. This, however, might be a difficult matter to prove, since according to Ranke the reaction of the gray matter is more acid during functional activity than that of the white.

It has been impossible up to the present time with the most accurate thermo-electric apparatus (registering  $.002^{\circ}\text{C}$ ) to prove that there is any heat produced in active nerves.

If the chemical condition of fatigue depends on the amount of decomposable organic material, as is believed by some investigators, it still remains to be proven.

The evidence of nerve activity most easily studied is that of mus-

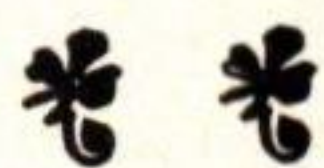
cular contraction. But the fact that a muscle is more easily fatigued than a nerve makes it impossible to study it in that way, except with special apparatus under favorable conditions. By a modified method of experiment, Wedenskii showed that after six hours' continual tetanic stimulation it was impossible to exhaust the nerve. It is quite possible that the irritability of a nerve may depend upon its possessing a definite chemical composition constantly maintained by metabolic processes, and yet that the irritation of the nerve should produce no change whatever in its composition.

Experiment has shown that any irritation such as a mechanical, chemical, or electrical irritation will cause an impulse to be sent to the point of irritation, which may have the effect of inhibition or stimulation, according to the nature and duration of the irritant. These facts are interesting, since they point to the cause and cure of disease.

We know that the vasomotor nerves distributed to all parts of the body control the blood supply, and upon the blood supply depend the health and growth of the body.

Then any injury to the nerve itself, or any condition lessening the continuity of the nerve, will have its effect in the loss or impairment of function of some organ or part.

Prof. T. Henry Green, the pathologist, says that the three exciting causes of disease are (1) Abnormal Blood-supply. (2) Abnormal Physical Conditions. (3) Altered Nerve Influence. Reasoning inversely, if we remove the cause of a lesion, nature will restore the condition to the normal. This is the principle upon which the Osteopath works, and which has proven the key of health to those who have tried it. There is nothing more scientific, nothing more reasonable, than the underlying principle of Osteopathy.



Health is the first wealth.



### Simplicity of Osteopathy.

Osteopathy has accomplished more in a given time than any other of the healing arts; and when the material with which it has had to work is considered, the magnitude of its achievements assumes proportions heretofore undreamed of. While diseases which are the accumulation of years cannot be removed in a day, they can usually be removed in fewer weeks or perhaps months than there were years in their development. The operation of nature's laws is sometimes slow, but it is nevertheless certain, and will ultimately prevail in its contest with disease if untrammelled by opposing forces. Osteopathy is the scientific application of these laws as they are illustrated in the human body, and for this reason it accomplishes greater results in less time than has been possible heretofore.

We grant you that Osteopathy cannot create such disturbance in the human body in a few moments' time, such as can be produced by any one of a large number of drugs. That is just what we would avoid. It does, however, set up subtle reactions within the system, reactions of nature which work with a precision and a nicety that command at once the admiration of the logical mind, and the confidence of the simple mind which has placed its trust in the efficacy of the treatment.

\* \* \* \*

An especial claim of Osteopathy is that of simplicity; simplicity not so much of its manner of application, but in its consideration and classification of disease. Too much time has been spent by the curative professions in the past few years in differentiation of diseases based upon variations in the manifestations of the symptoms. While much of the research along the lines of microscopic pathology and symptomatology has broadened the field of thought of the physician, it has added practically nothing to the sci-

ence of therapeutics. Osteopathy seeks to establish a new pathology, a new symptomatology, which will endeavor to reduce those sciences to a purely anatomical and physiological basis.—*Northern Osteopath.*

\* \*

### A Learned Discourse.

[The following seems about as convincing as some of the arguments made against Osteopathy.—Ed.]

I went to hear a speaker new whom  
some think deep and fluent too.  
I listened closely on that day, and this is  
what he seemed to say  
(And though I cannot parse it quite, per-  
haps some learned reader might):

"My friends, although, of course, in-  
deed,

On either hand and anyway,  
However much or little, still

It may not, yet again it may—

"On further thought, I say, my friends,  
But whether that, in fact, or no,  
Whichever way, whatever mode,  
It is, to say the least, as though—

"Forthwith from first to last, perchance  
—Yes, how and whither, whence and  
where,

'Tis ne'ertheless as, so to speak,  
You must admit, both then and there.

"If so, why not, alas, dear friends?  
And yet, to put it plain, in truth—  
Nay, even notwithstanding thus,  
Perhaps because no doubt forsooth."  
—*St. Nicholas.*

\* \*

The discovery of new germs is  
far in advance of the discovery of  
agencies that can neutralize their  
destructive, disease-inciting power.

EDWARD HOOKER DEWEY, M. D.

\* \*

*Professor*—"Give me the names of  
the bones that form the human  
skull."

*Student*—"I've got them all nmy  
head, but I can't recall their names."



## A Layman's Opinion of Medical Legislation.

[The following is a portion of a speech by the late Hon. George M. Stearns, before the committee on the first medical bill introduced in the Massachusetts Legislature.—Ed.]

Buckle's "History of Civilization" (Vol. II.) says: "What chiefly characterizes the most eminent physicians, and gives them their real superiority, is not so much the extent of their theoretical knowledge, though that is often considerable, but it is that fine and delicate perception which they owe partly to experience, and partly to natural quickness in detecting analogies and differences which escape ordinary observers."

I claim that the practice of medicine is not a science, it is an art; and that its success requires that every emotion of the human mind, hope and confidence, reason and fancy, imagination and whim, and caprice, and belief, should be secured as allies.

The successful doctor (for mind dominates the body) is one who inspires confidence, and creates belief in his power. The patient must believe in his doctor, or his doctor is impotent to help him. We know not our ailment; the doctor knows not certainly. It is a blind dealing in the dark. Neither can tell what life is, whence it comes or whither it goes; but he asks you to deliver its charge into his hands solely and exclude all other aids.

There are many bereft of science, ignorant people, who can cure those whom all the science in the world is powerless to help. And why can they do it? It is because Almighty God fixes things. Do not intermeddle, and the right man will get the right doctor generally. There is a doctor for every man.

I tell you, there are no more fool doctors than the fool patients require; and if it were not fool patients that could not be helped by anybody but fool doctors, there would not be any

fool doctors. There is no use in undertaking to quarrel with this great law of supply and demand; you cannot pick the doctor for another man any more than one man can select another man's wife for him. I do not know why it is so; there are many mysteries in this world. Why is it that sexes are attracted to one another? Because, by the great law of nature, man represents the positive pole of electricity, and woman represents the negative, and contact and society are pleasant and agreeable to each.

But beyond all that, tell me why there is but one woman on the face of the earth that can sweep every heart-string of one man, and there is but one man on earth that can vibrate every chord in one woman's affections; and when these two come together, they cling to each other through honor and shame, through disaster and dishonor, and sorrow and joy forever.

Who can tell us what it is that makes that man select that woman?

And that woman select that man?

I tell you there are natural affinities, subtle and undiscoverable, that draw us irresistibly together.

Why is it that when I see you and meet you, I love you; and when I see another man I hate him,—I cannot like him? Can anybody tell? The other man has treated me as well as you have. I have no reason for it, but as I say, there are affinities that are irresistible and repulsions that are unconquerable. There is a proper doctor for every patient, and no legislature can select him.

What are you going to do with those who have natural gifts? You don't believe in natural gifts? Well I do. I believe most fully in them. I believe, for I have seen limbs mangled and shattered that doctors have treated for months in vain, and I have seen Dr. Sweet (who I think is an ignorant man, for I examined him once as a witness, and he did not know whether the ball was on



the fore-arm, or on the shoulder-bone, or at the end of which bone was the socket) repair the injuries and perform the operations that these doctors profound in Greek and Latin were wholly unable to accomplish.

I have said that it takes all kinds of doctors to treat all kinds of people, and to get what little help any of them can bestow, you must have faith, for no doctor can do a great deal. Voltaire was right when he said, "The man is taken sick. In comes a blind man with a club; that is the doctor. Nature tries to cure; if the doctor hits Nature with the club, the man dies; if he hits Disease, the man gets well."

I know no reason on earth why you should not as well declare what minister shall preach, as what doctor shall prescribe. I ask my Orthodox friend who believes that Christ is God, "Is it compatible with human interests, and good morals, and true, reverent faith, that a man should stand here in the city of Boston, like Dr. James Freeman Clarke, and Mr. Savage, and the Unitarian clergy, and preach that Christ was but a man? Are you going to allow it? Yes, you are, because the edict has gone forth and stands, that religious thought shall everlastingly be free, and because nobody knows whether Jonathan Edwards, or James Freeman Clarke, or Theodore Parker was right."

And so it is that to-day we claim in Massachusetts the right to choose whomsoever we please to doctor and help us, and our wives, and our children. No board can tell what doctor I want; and if it cannot tell me, you have no right to enact that it shall command the poorest, meanest, most ignorant man in this Commonwealth. Liberty is universal. It pertains to the human race; it pertains to manhood; and the rights of all are equal.



Let there be union among us.

—DICKENS.

## Incurable Diseases.

The number of incurable diseases varies with each school of medicine and with every decade. The incurable diseases of the last century included many which are now easily handled by any one of the therapeutic methods. Thus the term "incurable" depends entirely upon the standpoint occupied. This is true as well with regard to special cases. How many cases both acute and chronic are every year pronounced incurable, and yet which do recover regardless of the dictum of the medical man!

Thus it behooves the afflicted not to lose hope because the local medical Solomon has declared them "incurable." There is hope for the one afflicted from chronic troubles after medicine shall have tried and failed. For when the medico permits your trouble to become chronic, he has placed a cure beyond his reach but not necessarily beyond the power of other therapeutic agencies.

Osteopathy has largely dealt with the chronic troubles, not that it is more efficacious in these than in the acute trouble, but for the reason that from habit we call the physician as long as there is hope, and consent to give the Osteopath a trial only when all other agencies have proved of no avail.

Yet withal, Osteopathy working upon these hopeless cases has made a reputation and has gained a hearing with the people; and the operators are rapidly being given an opportunity to test their ability to handle the acute practice; and the results are bearing out the above contention, that the same principle and method which have won an acknowledged place in the treatment of chronic diseases is just as applicable and just as successful in the whole realm of human ills.—*Southern Journal of Osteopathy.*



"It is the soul which builds the body."



## Osteopathic Law in South Dakota.

An Act to regulate the Practice of Osteopathy in the State of South Dakota.

*Be it enacted, etc.:*

1. Any person holding a diploma from a legally incorporated and regularly conducted school of Osteopathy of good repute as such, and wherein the course of study comprises a term of twenty months, or four terms of five months each, in actual attendance at such school, and shall include instruction in the following branches, to wit, Anatomy, Physiology, Chemistry, Histology, Pathology, Gynecology, Obstetrics, and Theory and Practice of Osteopathy, shall, upon the presentation of such diploma to the State Board of Health, and satisfying such Board that they are the legal holders thereof, be granted by such Board a certificate permitting such person to practice Osteopathy in the State of South Dakota, upon payment to the said Board of a fee of ten dollars, which certificate shall be recorded by the register of deeds of the county in which the holder desires to practice, for which he shall receive a fee of one dollar.

2. The certificate provided for in the foregoing section shall not authorize the holder to prescribe or use drugs in his practice, nor to perform major or operative surgery.

3. Any person who, for the purpose of securing such certificate, shall falsely represent himself or herself to be the legal holder of such diploma, shall be deemed guilty of a misdemeanor, and on conviction be fined not less than one hundred nor more than five hundred dollars.

4. Any certificate may be revoked by the State Board of Health upon satisfactory proof of fraudulent misrepresentations in procuring the same, or for any violations of the provisions of the certificate, and for any gross immorality by the holder thereof.

5. The system, method, or science of treating diseases of the human body, commonly known as Osteopathy, is hereby declared not to be the practice of medicine within the meaning of Section 14, Chapter 63, of the Laws of 1885 of the Territory of Dakota, being Section 205 of the Compiled Laws.

6. Any person practicing or attempting to practice Osteopathy without first having obtained and filed the certificate above provided for shall be deemed guilty of a misdemeanor, and on conviction be fined not less than one hundred dollars nor more than five hundred dollars.

7. Any person practicing Osteopathy who violates the provisions of Section 2 of this Act shall be deemed guilty of a misdemeanor, and on conviction be fined not less than one hundred dollars nor more than five hundred dollars, and in addition to such fine have his or her certificate, provided for in Section 1, revoked.

Approved March 6, 1899.



### A Born Osteopath.

Dr. Negro, of Turin, has succeeded in curing 100 out of 113 cases of sciatica by digital pressure over the painful part. The pressure is applied with all possible force for fifteen or twenty seconds, and is repeated for the same length of time after an interval of a few minutes. In many cases, six treatments are all that is necessary.—*Exchange.*



"Evolution," quoth the monkey,  
"Makes of all mankind our kin.  
There's no chance at all about it—  
Tails we lose, and heads you win."  
—*Exchange.*



"Did that stuff revive you?" asked the attending physician of his impatient patient.

"Revive me, Doc? Good heavens! Three doses of that medicine would resuscitate the dead languages."



# THE BOSTON OSTEOPATH.

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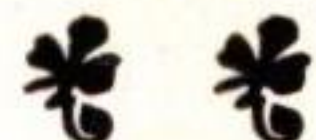
Entered at Boston Post-office as second-class matter.

## NOTICE.

We have added seven more rooms to our present apartments, and shall be better prepared to accommodate our rapidly increasing business.

We desire our friends to remember that we are located at 176--180 *Huntington Avenue*, and that this number should always be given to people desiring osteopathic treatment. *Never* give our address as "Huntington Avenue" without telling the number.

C. E. ACHORN, *Pres.*



The Northern Institute of Osteopathy announces, under date of April first, a complete change of officers, Dr. Pickler, *Pres.*, and Dr. Parker, *Vice Pres.*, retiring from the management, and being succeeded by Dr. L. M. Rheem, *Pres.*, Dr. S. R. Cooper, *Vice Pres.*, and Samuel J. Rheem, *Sec'y.*

Plans are being made for the enlargement and improvement both of the educational and of the infirmary features of the Institute, announcement of which will be made later. We wish the new management success.



The Associated Colleges of Osteopathy seem to be afraid of each other, and have never perfected the plans outlined at their first meeting. The Association could raise

the Osteopathic standard much higher if they would take hold of the matter in earnest.



A. A. A. O.

The Board of Trustees has decided to hold the next annual meeting of the American Association for the Advancement of Osteopathy July 5th and 6th, 1899, in Indianapolis, Indiana.

All members of the Association are requested to be present.

IRENE HARWOOD, *Sec'y.*



A. G. Willits, D. O., a graduate of the N. I. O., made us a pleasant visit last week. We have been acquainted with him for twenty-one years, and were instrumental in interesting Brother Willits in Osteopathy. The profession may well feel proud of such a man as Dr. Willits. He is sure of becoming a "bright light" in the Osteopathic field.



ALBANY, N. Y.

W. M. Smiley, D. O., a graduate of the American School of Osteopathy, Kirksville, Mo., is located at 608 Madison Ave., Albany.

Dr. Smiley has the reputation of being a first-class Osteopath.



For the purpose of studying tropical diseases, the English government is establishing a medical school in West Africa, with special courses added for nurses and physicians, only graduates from such courses to be eligible for appointment to positions in West-African military stations.

Our own Johns Hopkins University has sent out a company of medical experts to study tropical diseases in the Philippine Islands.

Of "the white man's burden," our medical brothers have always been ready to take up their share in the cause of science and of humanity.



## Osteopathy in Minnesota.

The Senate after disposing of the Anoka-Hastings hospital business in the forenoon, started in to advance some of the many bills on general orders onto the calendar. In committee of the whole, the senators grappled with the question which has caused so much trouble, that of giving the Osteopaths their proper place among the different schools of healing. The Jepson medical bill, as amended and agreed on by the special committee appointed early in the session, was at last recommended to pass. This bill grants to the Osteopaths practically everything for which they have asked. It recognizes Osteopathy as a school of healing, and provides that all persons practicing the art at the beginning of the present year shall be licensed to continue, and that candidates for a license shall submit to an examination by the State Board in the branches common to all schools, but that their papers on therapeutics, diagnosis, and the theory and practice of healing shall be examined and passed on by the representatives on the board of that school or system of which the applicant is a member — *Minneapolis Times*.



Our proper attitude toward Osteopathic practitioners is a matter worthy of more thought. It will scarcely do to dispose of them by calling them quacks, for some of them are not. With pretenders we of course can trace no sympathy; but what shall we do with a man that thoroughly grounds himself in anatomy, physiology, chemistry and allied branches, who masters the human body in health and in disease, and who then starts out to conscientiously treat all patients by manipulation? Can we brand him a quack? No! Upon the question of therapeutics he has an inalienable right to think and do as he pleases. As Homeopaths we base our claim to legal

existence upon this very right. How can we deny it to others?—EDITORIAL in *Minneapolis Medical Journal*.



"Osteopathy is soothing, restful, and quieting to the nerves, as well as a tonic, equalizing the circulation. All who have taken treatments say it appeals to them as rational and sensible, and must be effective."



One of the most prolific sources of diseases and continued illness in certain individual cases is the continued holding up of their ills and shortcomings before them. A red nose may be made to grow daily redder by continually talking about it.—*Albert Lee Medical Journal*.—*Practical Medicine*.



"For troubles of the spine, Osteopathy stands pre-eminently at the head."



"There has been considerable newspaper comment of late on the claim of an Ann Arbor professor to have demonstrated conclusively that the blood supply of the brain is under nervous control, as is that of other portions of the body. It has been supposed for some time that this was the case, and Osteopaths have produced results in many cases which would indicate this to be a fact. It is through the nerve supply of blood vessels that Osteopaths do a great deal of their work, and the demonstration of this fact will therefore mean a great deal osteopathically."



"A human life begins with a single cell, that, by virtue of its self-generative, self-sustaining, living force, increases by the multiplication of division, each part only developing for further division until a human 'form divine' is reached."



"Have not the cloak to make when it beginneth to rain."



## The Position of Osteopathy.

The position occupied by Osteopathy is a unique one, into which it has been brought chiefly by the number of remarkable cures that have been made by it during the twenty-five years in which Dr. Still and his followers have practiced according to its principles.

It has been said that Osteopathy has passed through its first stage, that in which Dr. Still labored alone to demonstrate to an unwilling world the worth of his system; and its second stage, in which a meagre few of students and patients were attracted to the "Old Doctor" and his work, forming the beginnings of a college and infirmary of Osteopathy. It is said now to have reached its third stage, in which it is asking and obtaining a recognized place among the schools of healing.

It may be as truthfully said, however, that Osteopathy is now in its popular stage; for through it more sick are seeking health, more colleges are opening their doors, and more students throng their halls, than at any time before. Numbers beget numbers; and at this time the truths of this science are being spread broadcast by multitudes of patients and students who realize its value.

The first stage lasted about nineteen years, so that for only about six years has the teaching of Osteopathy, and its practice by others than Dr. Still and his sons, gone on.

The fact that this system of healing is built upon Anatomy and Physiology; that it has a definite set of principles which may be taught; and that it depends for successful operation upon technical skill which may be acquired, renders its position as a science secure, and guarantees its permanency.

It scarcely need be said that Osteopathy does not stand in favor with the members of the medical profession. They have always looked askance at any new comer into the field of healing. The history of

medicine shows that progress has been made, as a rule, only against the greatest opposition. For example, hydro-therapy and electricity, now generally used by the profession, were at first savagely attacked.

It is to be expected that in proportion to the violence with which the new science is assailed shall be the measure of value placed upon its healing powers when its true worth has been made plain. The physician who professes to be anxious for the welfare of the sick and the alleviation of human ills places himself upon untenable ground by persecuting the practitioner of a method of healing which has been, time and again, demonstrated to cure cases of disease which have baffled his own skill. The people have recognized this point.

Within two years, the legislatures of five States have given Osteopathy legal recognition equal with that given medicine. In other States, Osteopaths are seldom molested except at the instance of physicians, and even the people, in the form of the jury, have often interfered in behalf of the defendant. Before the law, Osteopathy stands as a system of healing, declared to be apart from that of medicine in its usual meaning, it stands as an honest means of livelihood, and as a *bona fide* means of curing disease.

With the people, Osteopathy has an enviable position. They have become its champions because it is they who were sick and suffering, and through it found relief. They, by their representatives, have given it the authority of the law; they have sent their sons and daughters to study it, and have encouraged its practice in their communities.

Before the people, before the law, and in the realm of science, the position of Osteopathy is secure. It stands alone in the nature of its method, in the rapidity of its growth, and in its wonderful cures.—  
CHAS. HAZZARD, Ph. B., D. O., in  
*The Popular Osteopath.*



## The Curative Powers of Nature.

THERE is such a power. It is the only power that can cure. Medicine is absolutely powerless to cure. Nature alone cures. Let us study these powers. This is the basis of Osteopathy. *Vis Medicatrix Naturæ*. This is an old Latin phrase for the "healing power of Nature." It refers to that wondrous, inexplicable function of healing, discovered in the restoration or repair of animals and vegetables that are wounded or sick. When a tree, for example, is hacked or bruised, a strange nursing process forthwith begins, by which the wound is healed. A new bark is formed on the edges of the wound, by what method no art of man can trace, the dead matter is thrown off, and a growth inward narrows the breach, till finally the two margins meet, and the tissues interweave, and not even a scar may be left. So in all the flesh wounds of animals, and the fracture of bones.

So, too, in regard to all diseases not terminating in mortality; they pass a crisis where the healing function of the body — a function which the body distinctively possesses — triumphs over the poison of the disease, and a recovery follows, in which the whole flesh and fibre appear even to be produced anew.

Here, then, is a healing power, whose working the intelligent Osteopath traces out, and one that, if we look at the causes of disintegration present, appears even to accomplish what is impossible. It is this power of self-repair, of self-recuperation, possessed by the body, that the trained Osteopath uses; and is wholly independent of artificial help, whether medicinal or electrical.

Regarding the body as a machine, (and, taken as a merely material organization, what is it more?) it is plainly impossible for it to heal in this manner, and repair itself, without this especial power. The disordered watch can never run itself

into good repair. In inanimate machines, disorder can only propagate and aggravate disorder, till they become a wreck.

This is also true in the body. The Osteopath corrects the anatomical disorder, and the physiological functions follow normally under the control of this healing power. This strange healing power is called the *Vis Medicatrix*, as if it were some gentle, feminine nurse, hidden from the sight, whose office it is to expel the poisons, knit the fractures, and heal the wounds of bodies. And as names often settle the profoundest questions, so it appears to be commonly taken for granted here that the healing accomplished is wrought by a nursing function, thus named, as one of the inherent properties of vital substances. The whole question is involved in the profoundest physiological mystery, yet Osteopathy uses it for practical purposes, and it makes medication unnecessary.

The healing property may be one of the incidents of life, or it may be the working of a Divine presiding mind, set in closest vicinage to Nature, by which the tides of life, as they ebb and flow within the body, are vivified and purified, even as the tides of the ocean are made periodically fluent and confluent by the invisible attraction of the moon.

There is a regeneration of health in Nature that is set over against the degeneration of disease. The same force of life that under normal conditions conduces to health will, under abnormal conditions, tend to death. Nature has the force of life, and it is a unit. Health and disease, life and death, are two different expressions of the one force of Nature. If the anatomical and physiological conditions of the body are normal, then health ensues as the effect of a sufficient cause; but if these conditions are abnormal, then disease results also, as an effect for which there is a cause. The power of Nature is unific, and its



results are vivific or morbidic, just in accordance with the existing conditions. The same sunbeam that will be life to a plant in normal condition will be death to the plant in abnormal condition. The inevitable tendency of Nature in the powers of the body is toward the healthful equilibrium of all her forces in health; but if that tendency is diverted by unnatural anatomical and physiological conditions, disease results as a certain and calculable effect.

This is the philosophy of Osteopathic therapeutics; and its practice consists in detecting and correcting abnormalities of form and function. Osteopathy deals with inducing causes, and this is followed naturally and inevitably by the desired effects, under the law of the *Vis Medicatrix* of Nature. But it may be said that if the body is possessed of such powers of self-repair, why should it be necessary for any interference at all by the practitioner? The answer that Osteopathy makes to this is, that we, as operators, skilled in the anatomical mechanism and physiological action of the body, not in the line of cause and effect in the body, can set the causes in Nature at work, in new combinations, otherwise never occurring, and produce, by our action upon Nature, results which she, as Nature, could never produce by her own internal acting. — *Philadelphia Journal of Osteopathy*.



"A physician once said: 'It is astonishing how many invalids prefer drugs to purely hygienic methods, and regular exercise is the most unpopular prescription I can offer.'

Osteopathic treatment supplies this essential without consulting the preferences of the patient; and when one leaves the operating room, the exhilaration produced by the treatment is like that of the tonic bath or a brisk walk on a bright winter's morning."

## The Osteopathic Cat.

BY JOS. H. SULLIVAN, D. O.

Dr. A. T. Still relates a very apt story which in a few simple words brings before us Osteopathy in its true light, its proper meaning, and its position far in advance of all the old healing arts and sciences. He tells of a cat having its tail stepped upon. Immediately the other end of said cat's anatomy gives vent to terrific cries, in fact, gives evidence of pain somewhere.

Now should a learned disciple of the regular school be called, he might suggest giving an opiate or a hypodermic injection, or perhaps removing the head in order to remove the noise. The Osteopath, on the other hand, would examine the cat, and finding a pressure upon its tail, remove the foot, thereby relieving the suffering at once.

This explains Osteopathy as thousands can testify. These thousands had undergone all the old systems of treatment consisting of opiates, hot baths, massage, magnetism, etc., all in vain, until they came to the Osteopath; and he alone it is who looks for the cause—as simple as was told in the case of the cat. Strange as it may seem in this enlightened twentieth century, many of these people are as easily relieved osteopathically as was the feline by the simple removing of the foot.

Where the results are so quickly felt, of course the case must be one which presents apt conditions—a vertebra in wrong position, a rib, a muscle, or a tendon. The Osteopath, if he is really such, not a *masseur*, will readily adjust such abnormality and immediate relief is the result. But let us suppose now that the patient has fallen into the hands of numerous *masseurs* calling themselves Osteopaths. He would be subjected to a process of kneading, rubbing, and pinching for forty-five minutes, perhaps an hour; but no relief would be given unless accidentally in the kneading process the



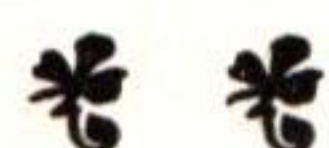
offending member become normal. If so, well and good. One of the beautiful points in our science, however, is the fact of the Osteopath being sure of his diagnosis as it presents itself to his sense of touch, or to his eyes as will at times happen. Upon examination he will discover a distinct projection of one vertebra in close relation to that part of the spinal cord controlling the organic life which is in disorder.

What a satisfaction to be sure of one's ground; to be able to speak to the patient intelligently on the cause of the trouble! Comparisons are odious: but let us contrast the above with the following extract written by one of the medical fraternity:

"Medicine is an incoherent assemblage of incoherent ideas, and is perhaps of all the physical sciences that which best shows the caprice of the human mind. What did I say? It is not a science for a methodical mind: it is a shapeless assemblage of inaccurate ideas, of observations, often purely of despotic remedies, and of formulæ as fantastically conceived as they are tediously arranged."—(Bichart's General Anat., Vol. 1, pp. 17.)

This extract coming from one of those in the medical camp certainly goes a great way towards discouraging one's faith in drugs as remedial agents. Then again let me quote the following from Dr. Abercrombie, Fellow of the Royal College of Physicians of Edinburgh:

"Medicine has been called the art of conjuring, the science of guessing." So the world at large must pardon our belief that the use of drugs is powerless for good when employed for curative purposes; in fact, in most cases they are even dangerous.



Druggists say that it is never difficult to sell a remedy for heart disease. Every one imagines that his heart is affected.—*Atchison Globe*.



If marriage is a success, divorce is never its successor.—*Chicago News*.

Since Osteopathy is bound to be taught in one way or another, it is far better that colleges properly equipped for teaching the science of medicine should make it one of their chairs, instead of relegating it to a body of men who have run wild on this or any other fad. It will be noted that the new Homœopathic Department of the University of Kansas City has established a chair of Osteopathy.—*Hahnemannian Advocate*.



An eminent authority upon physiology says: "Broadly speaking, the animal body is a machine for converting potential into actual energy. The potential energy is supplied by food; this the metabolism of the body converts into actual energy of heat and mechanical labor." Thus we see the importance of perfect nutrition.

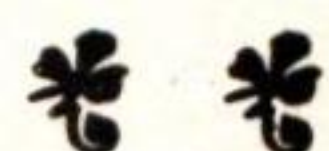


"We must all admit that the nearer we approach nature and comprehend her laws, the closer we come to the great heart of God and to an intelligent understanding of His eternal purpose concerning us."



"A German dentist named Herz claims to have produced from microbes an inoculant that stops the pain in a decayed tooth, without injuring the nerve, while it sets the tooth firmly if loose, and aseptifies the cavity for filling.

The green-apple microbe and antitoxin, for which the small boy of America has long been pining, is understood to be in process of development at one of the German universities; and its announcement, with that of a United States patent, may be expected by cable any day."



"There are many ways to convince a man, but the easiest is to agree with him."



## How Worry Affects the Brain.

Modern science has brought to light nothing more curiously interesting than the fact that worry will kill. More remarkable still, it has been able to determine, from recent discoveries, just how worry does kill. It is believed by many scientists who have followed most carefully the growth of the science of brain diseases that scores of deaths set down to other causes are due to worry, and to that alone. The theory is a simple one. Briefly put, it amounts to this:

Worry injures beyond repair certain cells of the brain, and the brain being the nutritive center of the body, the other organs become gradually injured, and when some disease of these organs or a combination of them arises, death finally ensues. Thus does worry kill. Insidiously, like many other diseases, it creeps upon the brain in the form of a single, constant, never-lost idea; and, as the dropping water over a period of years will wear a groove in a stone, so does worry gradually, imperceptibly, but no less surely, destroy the brain cells that lead all the rest — that are, so to speak, the commanding officers of mental power, health, and motion.

Worry, to make the theory still stronger, is an irritant at certain points, which produces little harm if it comes at intervals or irregularly. Occasional worrying of the system the brain can cope with; but the reiteration of one idea of a disquieting sort, the cells of the brain are not proof against. It is as if the skull were laid bare and the surface of the brain struck lightly with a hammer every few seconds with mechanical precision, with never a sign of a let-up or the failure of a stroke. Just in this way does the annoying idea, the maddening thought that will not be done away with, strike or fall upon certain nerve cells, never ceasing, and week by week

diminishing the vitality of these delicate organisms, so minute that they can only be seen under the microscope. — *Pharmaceutical Products.*



### NOTICE.

We feel compelled to call attention to our location at 176—178 Huntington Avenue. This is the only office we have. Other Osteopaths have located in the city, and our friends should be careful to give our number correctly. We have no connection whatever with any other Osteopath on Huntington Avenue, and have no branch office.

C. E. ACHORN, *Pres.*



### CLINICS.

A limited number of patients at \$10.00 per month will be taken at the Boston Institute. Treatment is to be given by students who will graduate this year. Examination will be made by Dr. Underwood, Dr. Ellis, or Dr. Achorn, who will have supervision of such cases.

C. E. ACHORN, *Pres.*



### LOWELL, MASS.

Horton Fay Underwood, D. O., of the Boston Institute of Osteopathy, is in Lowell, Monday, Wednesday, and Friday, at 237 E. Merrimack St. Office hours, 9.30 to 12, and 2 to 4.



### CHICAGO, ILL.

Mary Houghton Connor, D. O.  
Suite 42,  
Auditorium Building.

Hours 9 to 4.



The three things most difficult are, to keep a secret; to forget an injury; and to make a good use of leisure.

—*Chilo.*